

Monday

Tuesday

Wednesday

Thursday

Friday

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NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

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10:30 Blood Pressure Check

10:45 Dancing w/ Ana & Irv

11:45 Lunch Menu

Mediterranean Fish

Brown Rice Pilaf

Broccoli & Cauliflower

Carrot Raisin Salad

Fresh Fruit

1:00 Movie: From Paris with Love

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10:30 Dancing, lunch room

11:45 Lunch Menu

Beef Stew

Whole Grain Roll

Garden Salad

Sugar-Free Jello

Pineapple

1:00 Big Bingo

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7:30 Cache Creek Casino

11:45 Lunch Menu

Teriyaki Chicken

Brown Rice

Sautéed Asparagus

Corn

Orange

1:00 Movie: Secretariat

5:30 AARP Refresher Course

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10:30 Line Dancing, lunch room

11:45 Lunch Menu

Breaded Cod

Spanish Rice w/ Black beans

Broccoli & Cauliflower

Garden Salad

Apricot

12:45 Bingo, lunch room

5:30 Movie: Secretariat

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8:30 Notary Service

10:00 VTA Transit Card

Photos

10:30 Bookmobile

11:45 Lunch Menu

Vegetable Lasagna

Garlic Bread

Brussels Sprouts

Yogurt w/ Bananas

1:30 SALA Appointments

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10:30 Blood Pressure Check

10:45 Dancing w/ Ana & Irv

11:45 Lunch Menu

Szechwan Chicken

Brown Rice

Sautéed Cabbage & Carrots

Green Salad

Mandarin Oranges

1:00 Movie: Secretariat

11

10:30 Dancing, lunch room

11:45 Lunch Menu

Linguini w/ Tuna &

Peas

Sautéed Fresh Broccoli & Carrots

100% Fruit Juice

2:00 Hearing Screening

12

8:30 HICAP

9:15 Eyeglass Repair

10:30 Book Club - "Cutting for Stone"

11:45 Lunch Menu

Chef's Choice Turkey

Whole Grain Muffin

Black Bean, Corn, & Tomato

Salad w/ Feta Cheese

Corn Chowder & Orange

12:45 Workshop: The Red Hat

Society

1:00 Movie: The Kids are All Right

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9:00 San Jose State Hearing Screenings

10:30 Line Dancing, lunch room

11:45 Lunch Menu

B.B.Q. Chicken

Pasta Salad w/ Veggies

Cauliflower & Carrots

Apple

12:45 Bingo, lunch room

5:30 Movie: The Kids are All Right

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10:30 Bookmobile

11:45 Lunch Menu

Salmon Stuffed Boats

Couscous

Swiss Chard

Baked Tomato

Peaches

1:00 Workshop: Afterlife Planning

15

10:30 Blood Pressure Check

10:45 Dancing w/ Ana & Irv

11:45 Lunch Menu

Glazed Baked Hawaiian Ham

Whole Grain Roll

Spinach & Cheese Salad






Black Bean Soup

Tropical Fruit Cup

Sugar-Free Pudding

Celebrating April Birthdays w/ Birthday Cake

1:00 Movie: The Kids are All Right

Monday	Tuesday	Wednesday	Thursday	Friday
18 10:30 Dancing, lunch room 11:45 Lunch Menu Mandarin Orange Chicken Brown Rice  Oriental Veggies Green Salad Orange 2:00 Newcomers' Group	19 11:00 CSA Information + Referral 11:45 Lunch Menu Salmon Fillet Brown Rice Steamed Spinach Minestrone Soup Pineapple 1:00 Movie: The Ghost Writer 2:30 Wii Bowling Workshop	20 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Beef Stroganoff  Whole Grain Roll & Fruit Chilled Broccoli Salad 12:45 Bingo, lunch room 2:00 Senior Advisory Committee 2:30 Workshop: Mastering the Mouse 5:30 Movie: The Ghost Writer	21 10:30 Bookmobile 11:45 Lunch Menu Chicken Pot Pie (vegetarian available) Confetti Coleslaw Banana 1:00 Workshop: Senior Stress 1:30 SALA Appointments	22 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ Olives, Cucumbers and Red Bell Pepper Apple 1:00 Movie: The Ghost Writer
<div> VOLUNTEER APPRECIATION WEEK! A BIG THANKS TO ALL OUR IRREPLACEABLE VOLUNTEERS!  </div>				
25 10:30 Dancing, lunch room 11:45 Lunch Menu Beef Stuffed Cabbage Brown Rice  Potato Salad Sesame Parmesan Zucchini Mandarin Oranges	26 9:15 Eyeglass Repair  11:45 Lunch Menu Chicken Asparagus Pecan Pasta Tossed Salad Tropical Fruit Cup 1:00 HICAP 1:00 Movie: Inception 3:30 Wii Bowling	27 10:30 Line Dancing, lunch room 11:45 Lunch Menu Breaded Fish Wheat Roll Sautéed Cabbage/ Carrots/Mushrooms Orange 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Inception	28 10:30 Bookmobile 11:45 Lunch Menu Meatloaf w/ Gravy Whole Grain Bread Brussels Sprouts Garlic Mashed Potatoes Apple & Sugar-Free Jello	29 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Chicken Cacciatore & Pasta Spinach Fresh Fruit 1:00 Movie: Inception